# **Suicide deaths in Cumberland summary**

# **October 2025**

# **Aim**

To present the latest suicide registration deaths in Cumberland. The analysis presented is sourced from the Suicides in England and Wales by local authority data, published by the Office for National Statistics on the 3 October 2025 covering the period 2001-03 to 2022-24. Data published by the Department of Health and Social Care has also been used to provide further detail including sex split by male and female.

# **Definition and description**

Figures are based on the National Statistics definition of suicide; this includes all deaths from intentional self-harm for persons aged 10 years and over and deaths caused by injury or poisoning where the intent was undetermined for those aged 15 years and over. The area is based on the persons usual residence as provided by the informant upon registration. Figures are based on the date of registration in each calendar year. All deaths by suicide in England and Wales are certified by a coroner and cannot be registered until an inquest is complete. (Source: Office for National Statistics, 2025).

# **Background and key findings**

Suicide is a significant global and national public health concern. Suicide is a key indicator linked to underlying mental ill-health; it can affect a range of individuals of all ages but in particular young adults and those with mental health disorders, including depression, those who self-harm, and those in crisis (source: World Health Organisation, 2025).

The number and rate of suicide deaths in Cumberland have been increasing and at a faster rate than England. Cumberland has the 7th highest suicide rate out of 153 upper tier local authorities in England.

Men are at a greater risk of suicide with rates significantly higher in men than women both nationally and in Cumberland. The suicide rates in males and females in Cumberland are significantly higher than the England average.

We do not know why suicide rates in Cumberland are so high, but we do know that there are a multitude of reasons why people take their own lives. There is no specific type of person, however, those who have lost someone close or a family member to suicide are at a greater risk themselves. (Source: The Big Question: Understanding Suicide rates in Cumberland).

Risk factors associated with suicide can include divorce and relationship breakdown; social determinants such as housing, poverty, employment and education, physical illness, financial difficulty and economic adversity, harmful gambling, substance misuse, domestic abuse; and social isolation and loneliness. (Source: Suicide Prevention Strategy for England, 2023-28).

# **2024 suicide registrations**

During 2022-24, there were 137 suicides in Cumberland (in people aged 10+ years) equating to a rate of 19.4 per 100,000, this is significantly higher than the England average of 10.9. The suicide rate in Cumberland is the 3rd highest out of 153 upper tier local authorities in England.

# **Trends**

Compared to the previous period (2021-23) the number of suicides increased slightly by +4 from 133; the rate increased slightly from 18.9 per 100,000, however, this change is not statistically significant. The rate in England also slightly increased from 10.7.

Suicide rates in Cumberland have been increasing and at a much faster rate than England. There has been a notable increase in the suicide rate in Cumberland since 2017-19, just before the COVID pandemic, from 13.1 per 100,000; since then, there has been a continuous increase.

Figure 1: Suicides in Cumberland and England; 2001 to 2024; Age-standardised rates per 100,000.

Source: Office for National Statistics, 2025

# **Suicide by sex**

During 2022-24, out of the 137 suicide deaths 98 were male equating to a rate of 28.2 per 100,000, this is significantly higher than the England average of 16.8. The suicide rate in males in Cumberland is the 7th highest out of 153 upper tier local authorities in England. Compared to the previous period (2021-23) the number of male suicides increased slightly by +4 from 94; the rate increased slightly from 27.5 per 100,000, however, this change is not statistically significant. The rate in England also slightly increased from 16.4.

During 2022-24, 39 suicide deaths were female equating to a rate of 11.2 per 100,000, this is significantly higher than the England average of 5.5. The suicide rate in females in Cumberland is highest out of 153 upper tier local authorities in England. Compared to the previous period (2021-23) there was no change in the number or rate of female suicides; in England, the rate slightly increased from 5.4.

# **Further information**

Fingertips, Department for Health and Social Care: <https://fingertips.phe.org.uk/>

Suicides in England and Wales by local authority, Office for National Statistics: <https://www.ons.gov.uk/peoplepopulationandcommunity/birthsdeathsandmarriages/deaths/datasets/suicidesbylocalauthority>

Suicide Prevention Strategy for England: 2023 to 2028: <https://www.gov.uk/government/publications/suicide-prevention-strategy-for-england-2023-to-2028>

The Big Question: Understanding Suicide rates in Cumberland; Liverpool John Moores University: <https://www.ljmu.ac.uk/research/centres-and-institutes/institute-of-health-research/expertise/suicide-and-self-harm/the-big-question-understanding-suicide-rates-in-cumberland>

World Health Organisation, March 2025. Suicide Key Facts. Available at: <https://www.who.int/news-room/fact-sheets/detail/suicide> (Accessed 23/06/2025)

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